
METABOLIC SYNDROM IN PSYCHOTIC PATIENTS TREATED WITH ATYPICAL ANTIPSYCHOTICS. COULD PSYCHO-EDUCATIONAL INTERVENTIONS CONTROL IT?

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Introduction:

Because of the interest about the physical health in psychiatric patients was made this study, to analyze, in a sample of patients with schizophrenia, the possible occurrence of metabolic disorders, their relationship with treatment, and the interventions need in this regard.

Objetives:

- Check if patients with schizophrenia treated with antipsychotics have metabolic disorders.
- Check if the introduction of information about metabolic disorders influences the habits of life.

Methodology:

- A 6 months prospective study with patients followed up in the Day Hospital with an atypical antipsychotic.

Results:

The results describe a young population with 59% of males, without adequate dietary habits and with a low activity level. Most patients showed overweight or obesity.

On the other hand the presence of metabolic syndrome was higher in patients with olanzapine and risperidone long-acting injectable, although it was not statistically significant.

In the sample has been found the influence of certain doses of these antipsychotics and their influence on weight. Of note is the decrease in weight with olanzapine, usually associated with antipsychotic drug weight gain and that this study gives an opposite result that may be related to psycho-educational interventions on healthy lifestyles and the consequent change in the behavior in this regard and that received the most study patients.

Conclusion:

There are metabolic disorders and overweight problems that are need to investigate into the possible mechanisms of control and early detection. This problems also be likely to be influenced of a healthy lifestyle, which could be the subject of a psycho-educational treatment.